

Basic Nutrition/Dining Plans

Brief Description of Course/Program: This curriculum teaches direct care staff to recognize a healthy diet as one of the keys to a healthy lifestyle. Basic nutrition principles, modified diets, menu planning and food safety are taught to achieve a healthier state of life. The nutritional indicators and risk areas are covered to assess the information on an individualized dining plan. The mealtime plan is a documentation of information, precautions, outcomes and strategies to enhance quality of life and decrease risk for consumers with developmental disabilities.

Who Should Attend: QMRPs, Service Coordinators, Case Managers, Nurses, Direct Support Staff and anyone who works with people with developmental disabilities.

This is a 3 hour training designed for Direct Care Staff and anyone working with people that have intellectual disabilities.

Presented by: Southeast Indiana Outreach Services

Learning Objectives:

- Identify basic nutrition principles as a factor in maintaining a healthy lifestyle.
- Understand & apply basic nutrition principles to menu planning.
- Recognize rationale for MD modified diets-both therapeutic (food) and texture modified.
- Train staff and consumers to become more aware of food safety issues to promote safer food preparation and consumption.
- Identify need for documentation, evaluations and forms as basis of establishing mealtime plans.
- Identify basis of information needed for formulating a mealtime plan.
- Identify high risk nutritional/physical management areas and indicators for consumers with developmental disabilities.
- Create positive mealtime training guidelines to enhance quality of life of consumers with developmental disabilities.
- Implement principles of dining plan basics into a sample "plan".

COST: Free

Contact Lois Robinson, at 812-265-7489 or Lois.Robinson@fssa.in.gov for additional information.